



10-Day Smoothie

— reset —

10 DAYS • 10 SMOOTHIES



Why this Matters

I've learned that food doesn't just fuel your body — it fuels the life you want to live.

Before I started eating more plant-based, I felt exhausted, stressed, and frustrated with my body. I wanted the energy to be an active mom, a present wife, and a friend who said yes to adventure... not someone just trying to get through the day. So I began focusing on simple, nutrient-dense recipes that supported my health without making life harder or more complicated.

That small shift changed everything. Instead of just surviving each day, I felt strong enough to really live it — running across the Grand Canyon, hiking incredible trails with my kids, and even stepping into disaster relief work when help was needed.

Somewhere along the way, my mission became clear:

I want to help others fuel their passion, too.

As you begin this ten-day reset, don't worry about doing everything perfectly. Just take it one recipe at a time, listen to your body, and notice how you feel. Real change comes from small, consistent steps — and they add up faster than you think.

I hope these recipes help you fall in love with plant-based eating and discover just how good your body is designed to feel. Let's fuel your passion.

XOXO
Jen Hansard



10-Day Smoothie *reset*

For the next ten days, I want you to drink a daily smoothie, along with whatever meals you typically eat. Yes, I'm giving you permission to have a smoothie and eat pizza if you want to. The truth is, that's exactly how I got started on this plant-powered journey.

Here are a few things to keep in mind:

THE SHOPPING LIST IS SPLIT INTO TWO

To prevent your produce from going bad, purchase only what you need for the first five days. There's nothing enjoyable about opening a bag of rancid spinach—bleh! Investing in our health has been one of the most empowering things I've ever done, and I want to make sure you can use everything you buy. If you decide to [prep ahead](#), you could buy everything for all ten days and freeze it into smoothie packs.

RECIPES ARE MEANT TO INSPIRE YOU

If you have food sensitivities or trouble finding certain ingredients, feel free to get creative and tweak the recipes to work best for you. There's no right or wrong way to do this challenge; you have to modify and make it work for you.

BEST TIME TO DRINK A SMOOTHIE

It's completely up to you to decide what time of day to enjoy your smoothie. I prefer to have it in the morning as my breakfast, to start the day with a healthy foundation. You might prefer to have it as an afternoon "pick-me-up" or even as a nourishing dinner.

If using these smoothies as a meal replacement, I suggest adding a clean, plant-based protein powder, like [Homemade Protein Powder](#) to give you the additional protein and healthy fats needed to curb your appetite and turn a smoothie into a complete meal.

10-Day Smoothie *reset*

Habit Tracker



DAY 1
Tropical Kale
Smoothie

made it



DAY 2
Chocolate Cherry
Smoothie

made it



DAY 3
Meal Replacement
Smoothie

made it



DAY 4
Creamy Mango
Smoothie

made it



DAY 5
Cherry Vanilla
Smoothie

made it



DAY 6
Power Cherry
Smoothie

made it



DAY 7
Honey Turmeric
Smoothie

made it



DAY 8
Island Green
Smoothie

made it



DAY 9
Perfect Lemon
Smoothie

made it



DAY 10
Citrus Berry
Smoothie

made it

The Plan #1



DAY 1
Tropical Kale
Smoothie



DAY 2
Chocolate Cherry
Smoothie



DAY 3
Meal Replacement
Smoothie



DAY 4
Creamy Mango
Smoothie



DAY 5
Cherry Vanilla
Smoothie

Shopping List: Days 1-5

FRESH PRODUCE

- banana: 2
- kale: 2 cups
- orange: 1 ½
- spinach: 1 cup

FROZEN PRODUCE

- blueberries: 1 cup
- mango: 1 ½ cups
- pineapple: ½ cup
- sweet cherries: 2 cups

DRY GOODS

- almond butter: 1 tbsp
- chia seeds: 3 tbsp
- hemp hearts: 1 tbsp
- [protein powder](#) (optional)
- Rolled oats: 2 tbsp

SEASONINGS

- cacao powder: 1 tbsp
- cinnamon, ground
- turmeric, ground
- vanilla extract

REFRIGERATED GOODS

- almond milk: 3 cups
- cashew milk, unsweetened: ½ cup
- plain yogurt, unsweetened: ¾ cup

HELPFUL NOTES

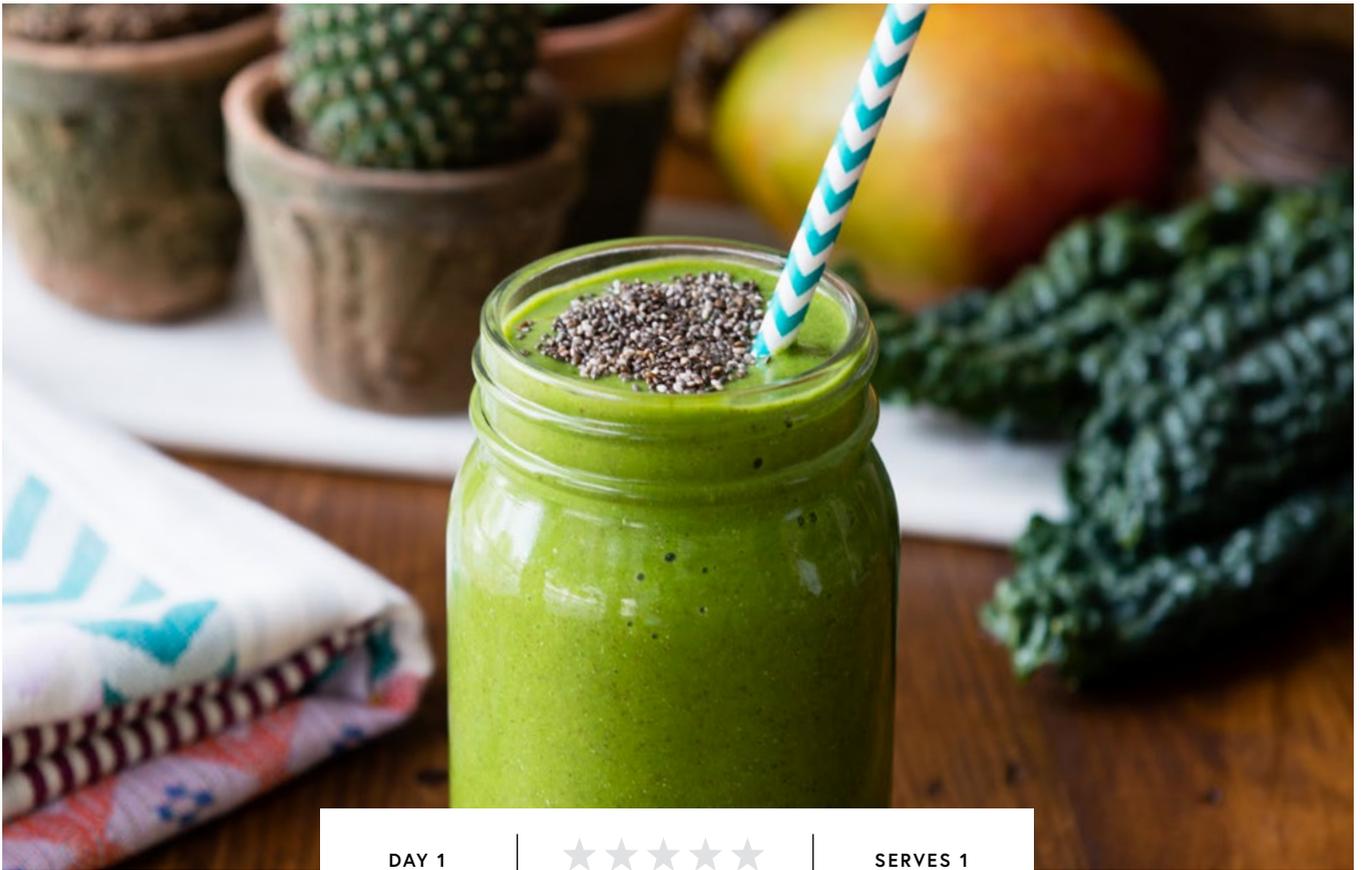
Each smoothie makes one serving, and list reflects that. Double or triple recipes if sharing with loved ones.

Almond + cashew milk: Explore my [unsweetened plant-based milk](#) guide to buy the best brands.

Frozen Fruit: Frozen fruit saves time, costs less, and keeps smoothies cold. Fresh works too.

Plain Yogurt: Use whatever kind you like: vegan or Greek yogurt both work.

Protein Boost: Add one serving of [Homemade Protein Powder](#) to stay full and energized longer.



DAY 1



SERVES 1

LEAVE REVIEW

Tropical Kale Smoothie

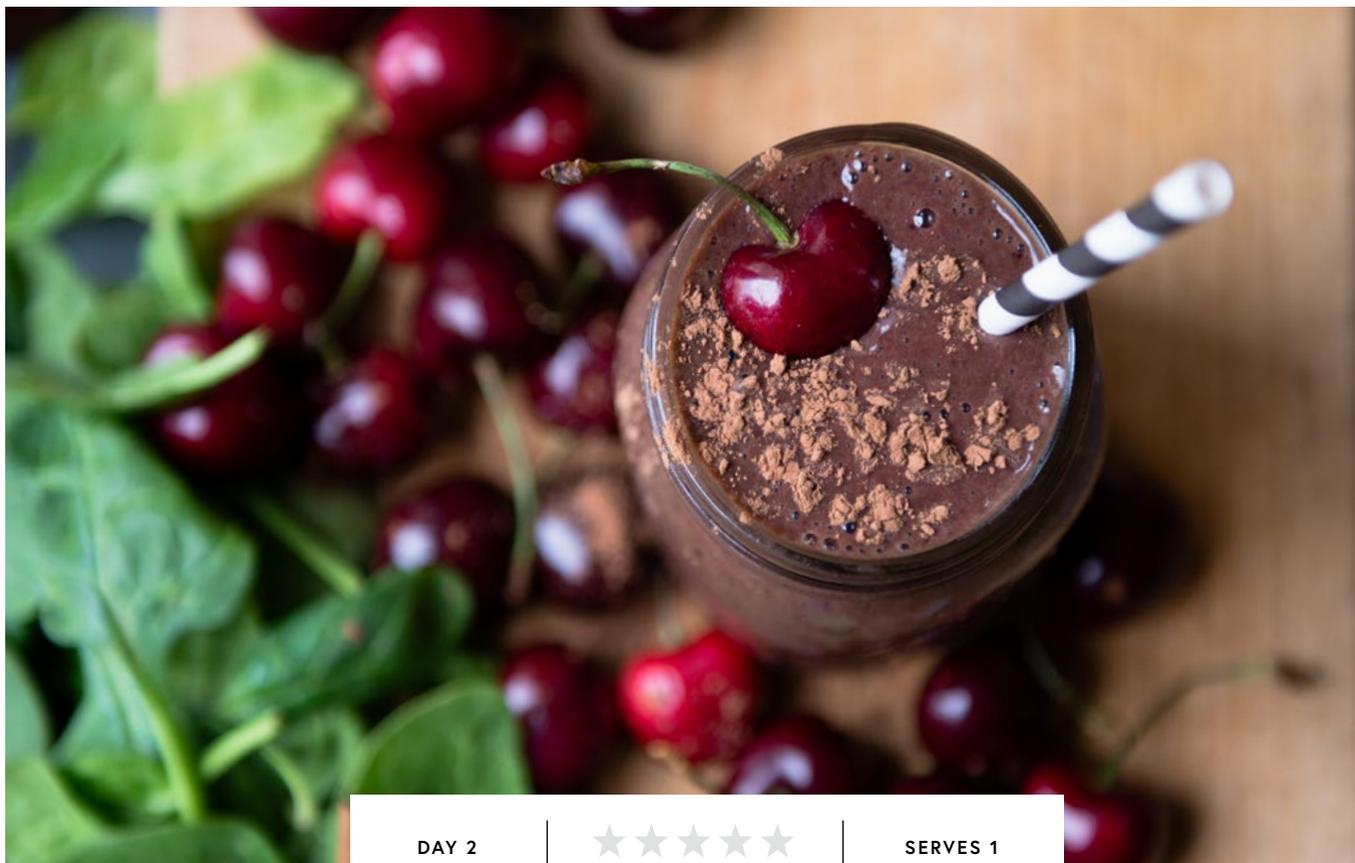
This kale smoothie comes together in just 5 minutes, making it an easy, refreshing option anytime you want something light and nourishing. It blends kale, orange, pineapple, mango, and chia seeds for the perfect mix of sweet and earthy. The result is a bright, tropical sip that feels both energizing and satisfying.

INGREDIENTS

- 1 cup kale
- ½ cup water
- 1 orange, peeled
- ½ cup pineapple, frozen
- ½ cup mango, frozen
- 2 tbsp chia seeds

DIRECTIONS

1. Blend the kale, water, and oranges until smooth.
2. Add remaining ingredients and blend again.



DAY 2



SERVES 1

LEAVE REVIEW

Chocolate Cherry Smoothie

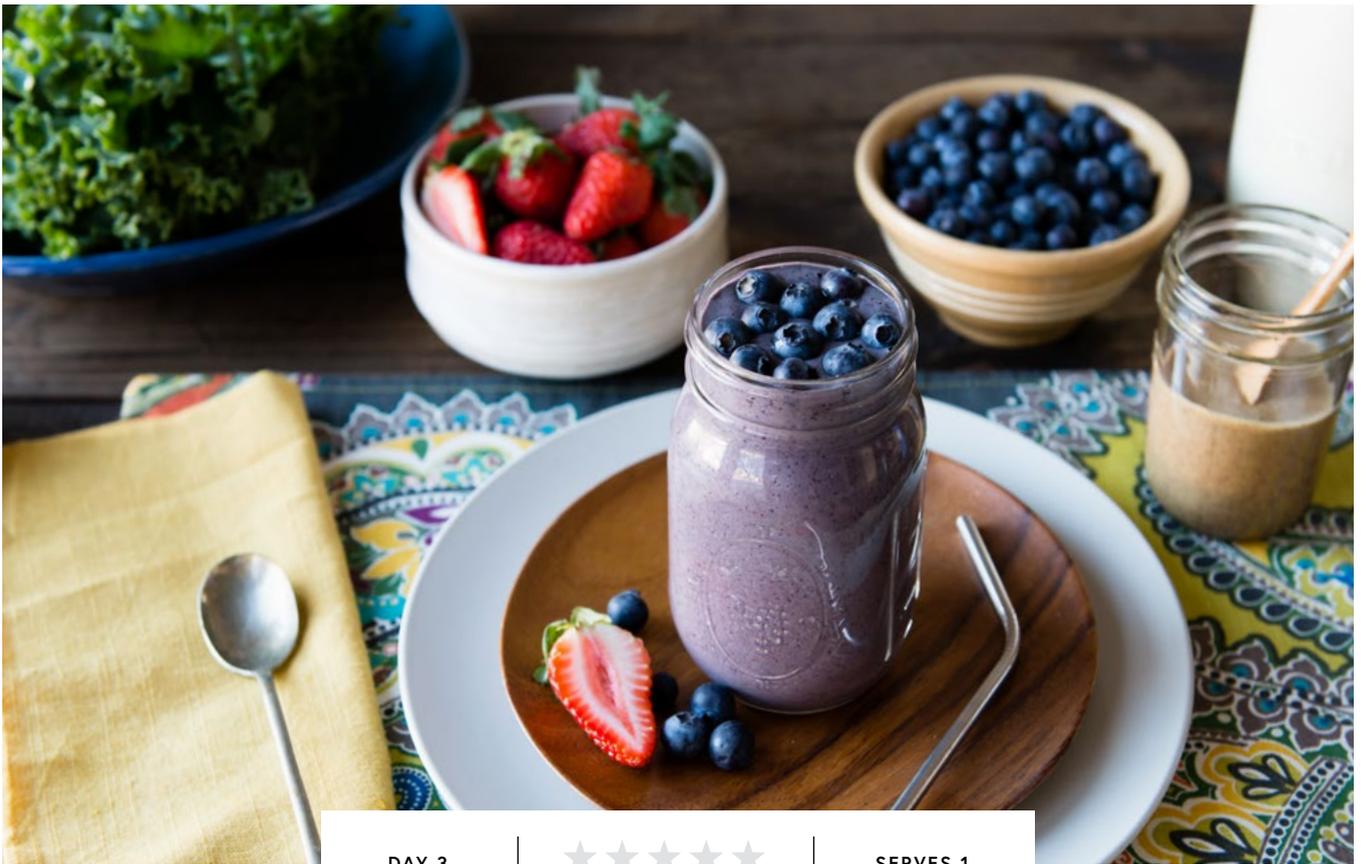
This chocolate cherry smoothie proves we CAN have our cake and eat it too! Juicy cherries, velvety chocolate, and nutrient-packed spinach blend into a creamy, indulgent drink that's as satisfying as dessert and as nourishing as breakfast.

INGREDIENTS

- 1 cup spinach
- 1 cup almond milk
- 1 cup cherries frozen
- 1 banana
- ½ teaspoon ground cinnamon
- 2 tablespoon cacao powder

DIRECTIONS

1. Blend spinach and almond milk until smooth.
2. Add the remaining ingredients and blend again.



DAY 3



LEAVE REVIEW

SERVES 1

Meal Replacement Smoothie

This meal replacement smoothie actually keeps you full and tastes delicious. It's packed with hearty oats, juicy blueberries, creamy almond butter, and banana for natural sweetness. Basically, it's breakfast, lunch—or survival fuel—in a blender.

INGREDIENTS

- 1 cup kale
- 1 cup almond milk
- 1 cup blueberries, frozen
- 1 banana
- 1 tbsp almonds
- 2 tbsp rolled oats

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



DAY 4



LEAVE REVIEW

SERVES 1

Creamy Mango Smoothie

This mango smoothie is creamy, refreshing, and gently anti-inflammatory. Made with mango, orange, cashew milk, yogurt, and turmeric, it's a soothing blend to enjoy when your body needs something light, nourishing, and easy to digest.

INGREDIENTS

- 1 cup mango, frozen
- ½ cup cashew milk, unsweetened
- ½ cup plain yogurt, unsweetened
- ½ teaspoon turmeric, ground
- ½ orange, peeled

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



DAY 5



LEAVE REVIEW

SERVES 1

Cherry Vanilla Smoothie

This cherry vanilla smoothie tastes creamy and lightly sweet with a smooth, almost dessert-like flavor. The cherries add a gentle tartness, while vanilla brings warmth and balance. It's rich and satisfying without being heavy, making it feel like a treat even though it's designed to support steady blood sugar.

INGREDIENTS

1 cup almond milk, unsweetened
¼ cup plain yogurt, unsweetened
1 cup sweet cherries, frozen
1 teaspoon pure vanilla extract
1 tablespoon chia seeds
1 tablespoon hemp hearts

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

The Plan #2



DAY 6
Power Cherry
Smoothie



DAY 7
Honey Turmeric
Smoothie



DAY 8
Island Green
Smoothie



DAY 9
Perfect Lemon
Smoothie



DAY 10
Citrus Berry
Smoothie

Shopping List: Days 6-10

FRESH PRODUCE

- banana: 1 ½
- carrots: ½ cup
- ginger root: 1 ½ inch
- green apple: ½
- lemon: 1 ½
- orange: 3
- spinach: 3 cups

SEASONINGS

- turmeric, ground

FROZEN PRODUCE

- blueberries: ½ cup
- cauliflower florets: 1 cup
- mango: 1 cup
- mixed berries: 1 cup
- peaches: 1 cup
- pineapple: ½ cup
- strawberries: ½ cup
- sweet cherries: 2 cups

REFRIGERATED GOODS

- almond milk, unsweetened: ¾ cup
- coconut water: 1 ½ cups
- tart cherry juice: 1 cup

DRY GOODS

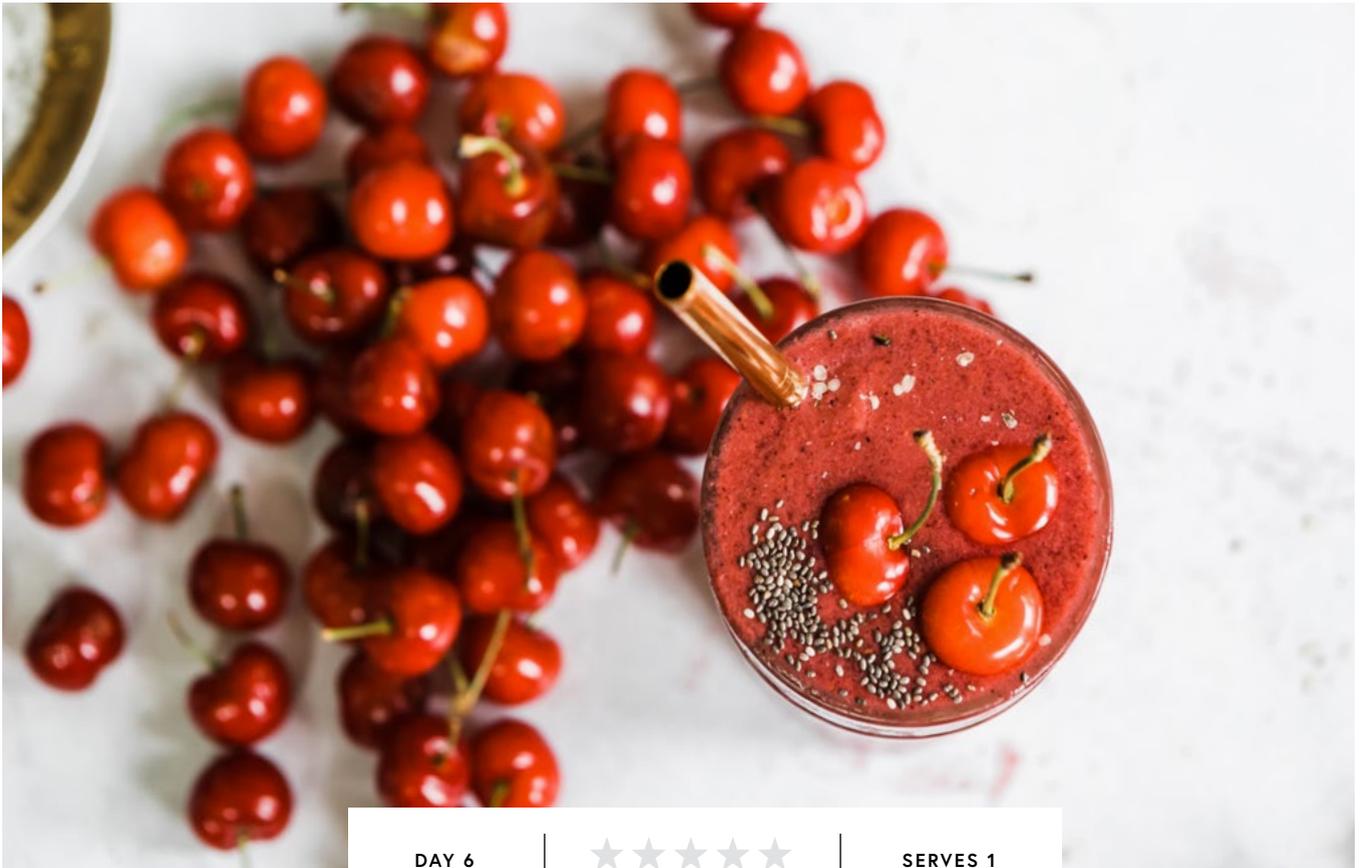
- chia seeds: ¼ cup
- honey: 2 tbsp
- raw cashews: ¼ cup
- protein powder (optional)

HELPFUL NOTES

Cashew Milk + Oat Milk: Use unsweetened plant-based milks, coconut water and plain yogurt to avoid processed sugars and extra calories.

Frozen Fruit: Frozen fruit saves time, costs less, and keeps smoothies cold. Fresh works too.

Protein Boost: Add one serving of Homemade Protein Powder to stay full and energized longer.



DAY 6



SERVES 1

LEAVE REVIEW

Power Cherry Smoothie

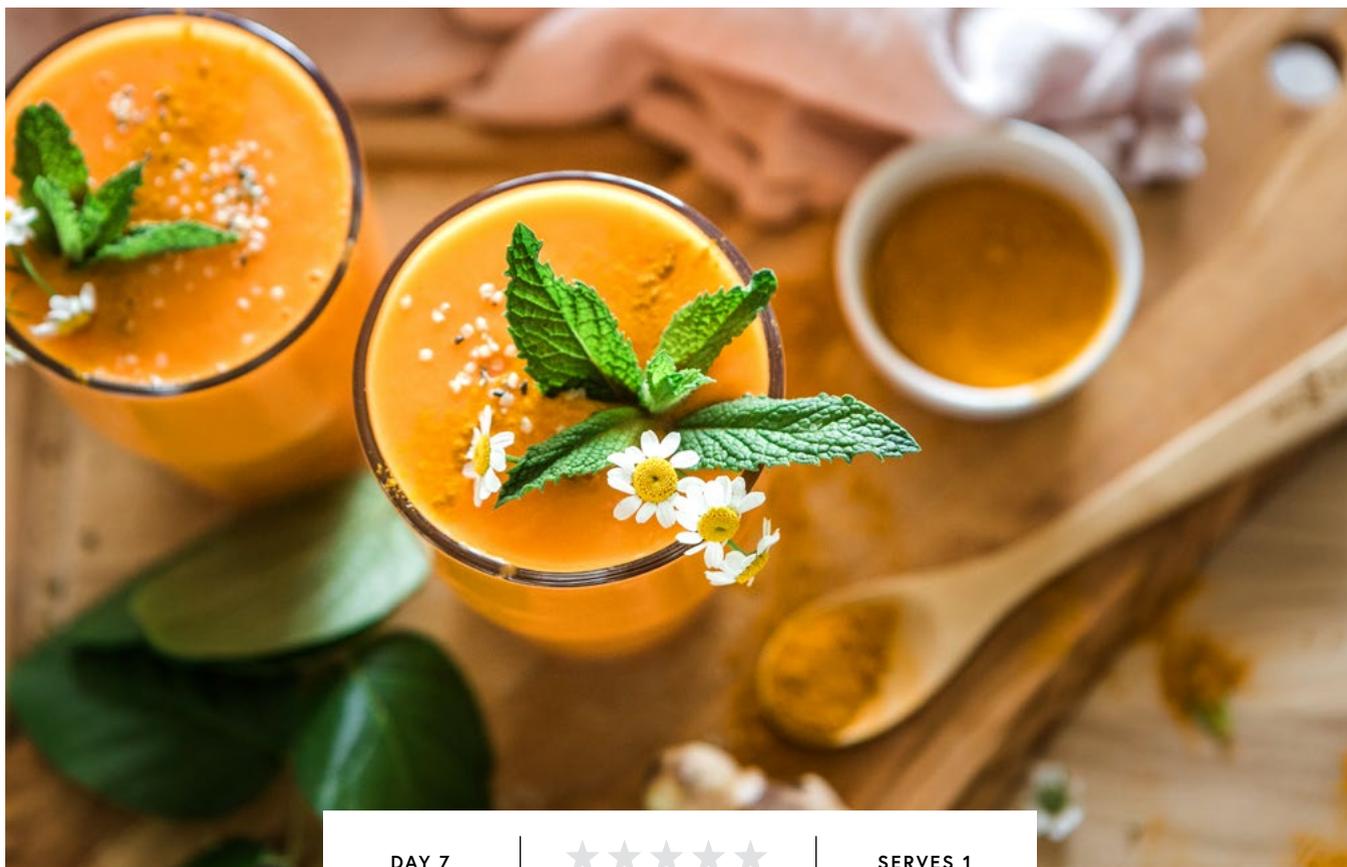
This healthy cherry smoothie blends tart cherry juice, frozen cherries, banana, and cauliflower for a creamy, antioxidant-rich drink. With chia seeds for added fiber and healthy fats, it's a refreshing and nourishing boost in every sip!

INGREDIENTS

1 cup tart cherry juice
½ banana
1 cup frozen sweet cherries
½ cup frozen cauliflower
2 tablespoon chia seeds

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



DAY 7



LEAVE REVIEW

SERVES 1

Honey Turmeric Smoothie

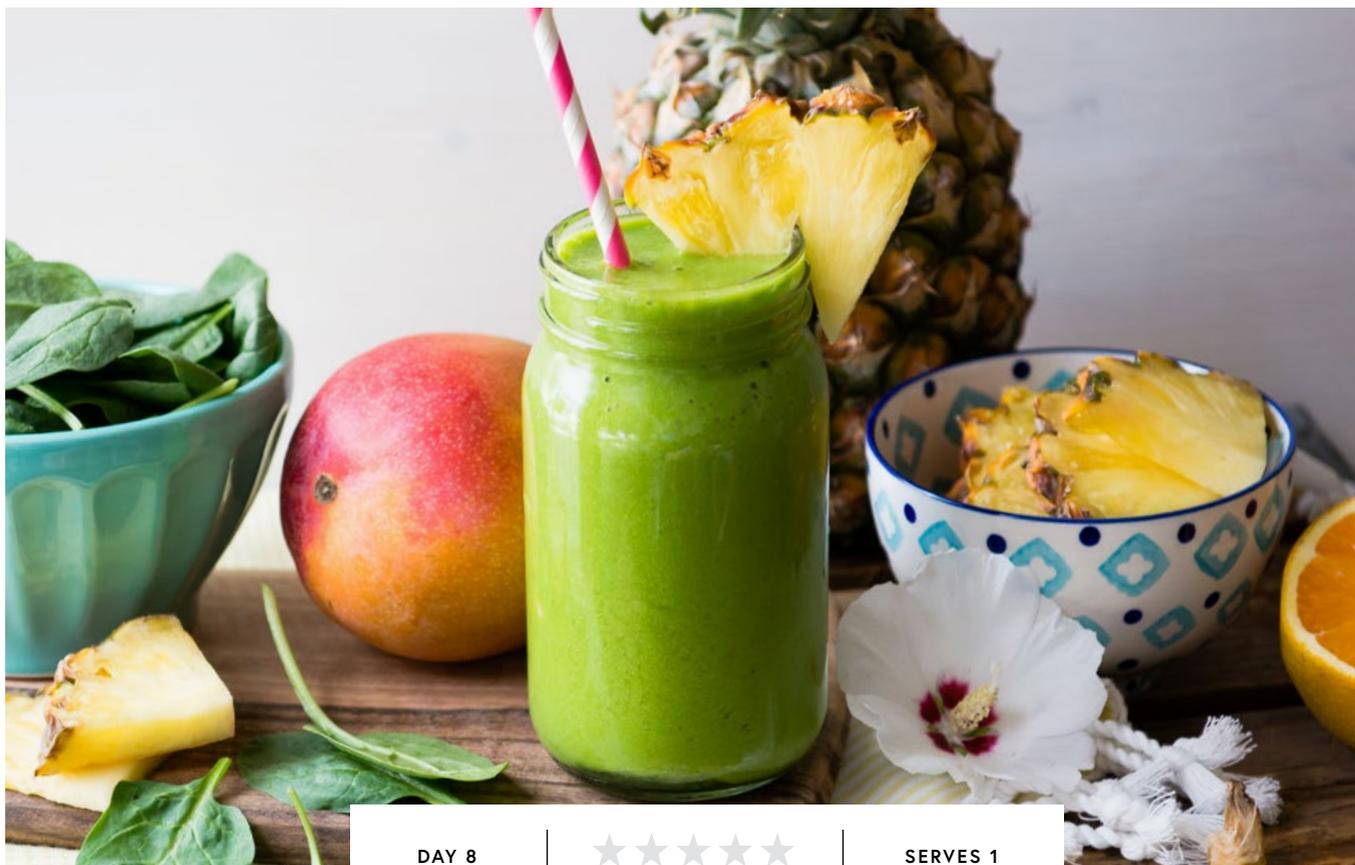
Sip on this nourishing turmeric smoothie—packed with anti-inflammatory turmeric, zingy ginger, vitamin C-rich citrus, and a creamy almond milk base—for a refreshing, healing drink that tastes like sunshine in just 5 minutes.

INGREDIENTS

1 inch ginger root, peeled
1 orange, peeled
¾ cup almond milk
½ cup mango, frozen
½ cup sliced carrots, frozen
1 tbsp raw honey
1 tsp ground turmeric

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



DAY 8



LEAVE REVIEW

SERVES 1

Island Green Smoothie

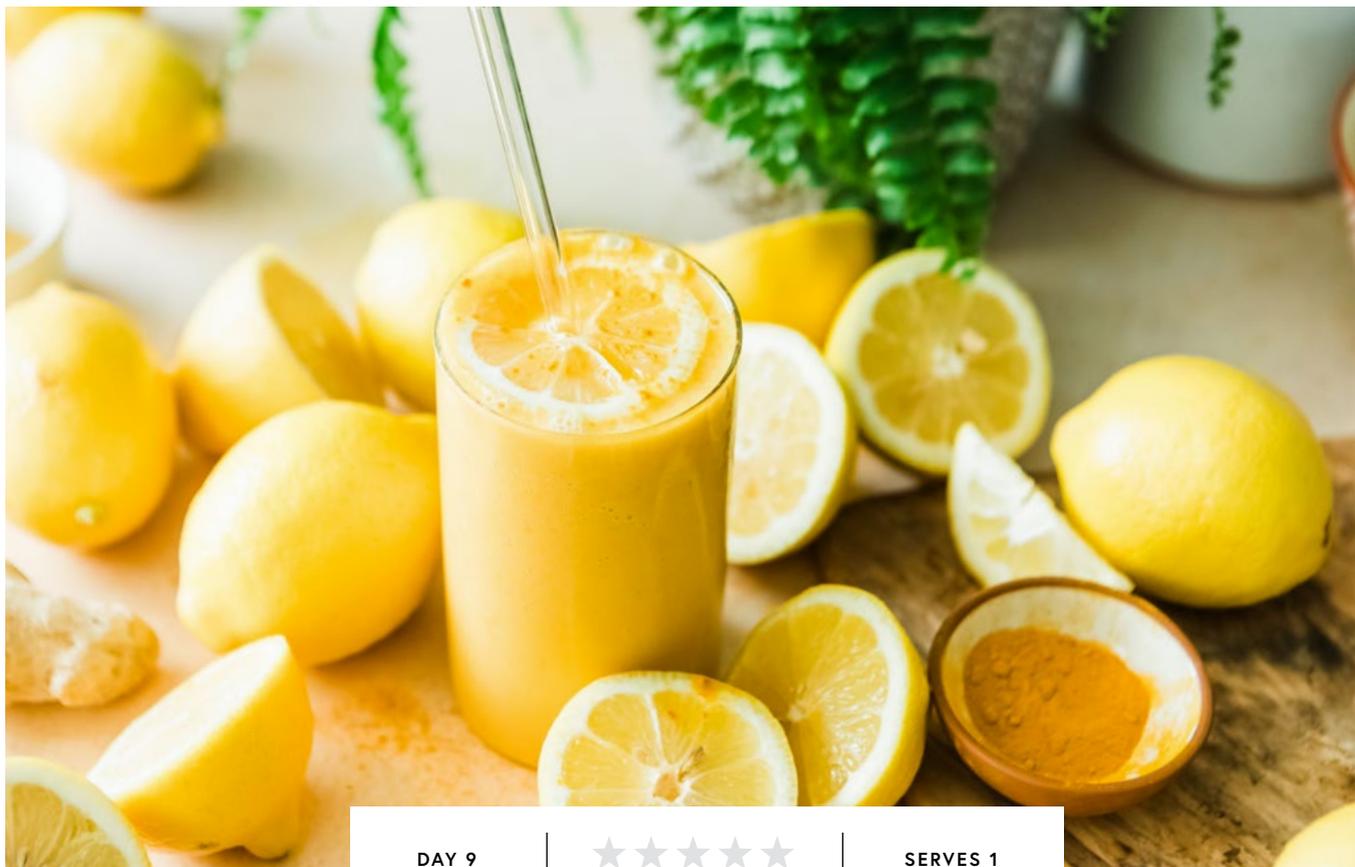
This detox island green smoothie is a tropical paradise in a glass! Packed with sweet mango, zesty orange, and hydrating coconut water, it's refreshingly vibrant, bursting with flavor, and the perfect energizing treat to revitalize your day.

INGREDIENTS

- 1 cup spinach
- ½ cup coconut water, unsweetened
- 1 orange, peeled
- ½ cup pineapple, frozen
- ½ cup mango, frozen
- ½ banana

DIRECTIONS

1. Blend spinach, coconut water, and orange together until smooth.
2. Add remaining fruit and blend again.



DAY 9



LEAVE REVIEW

SERVES 1

Perfect Lemon Smoothie

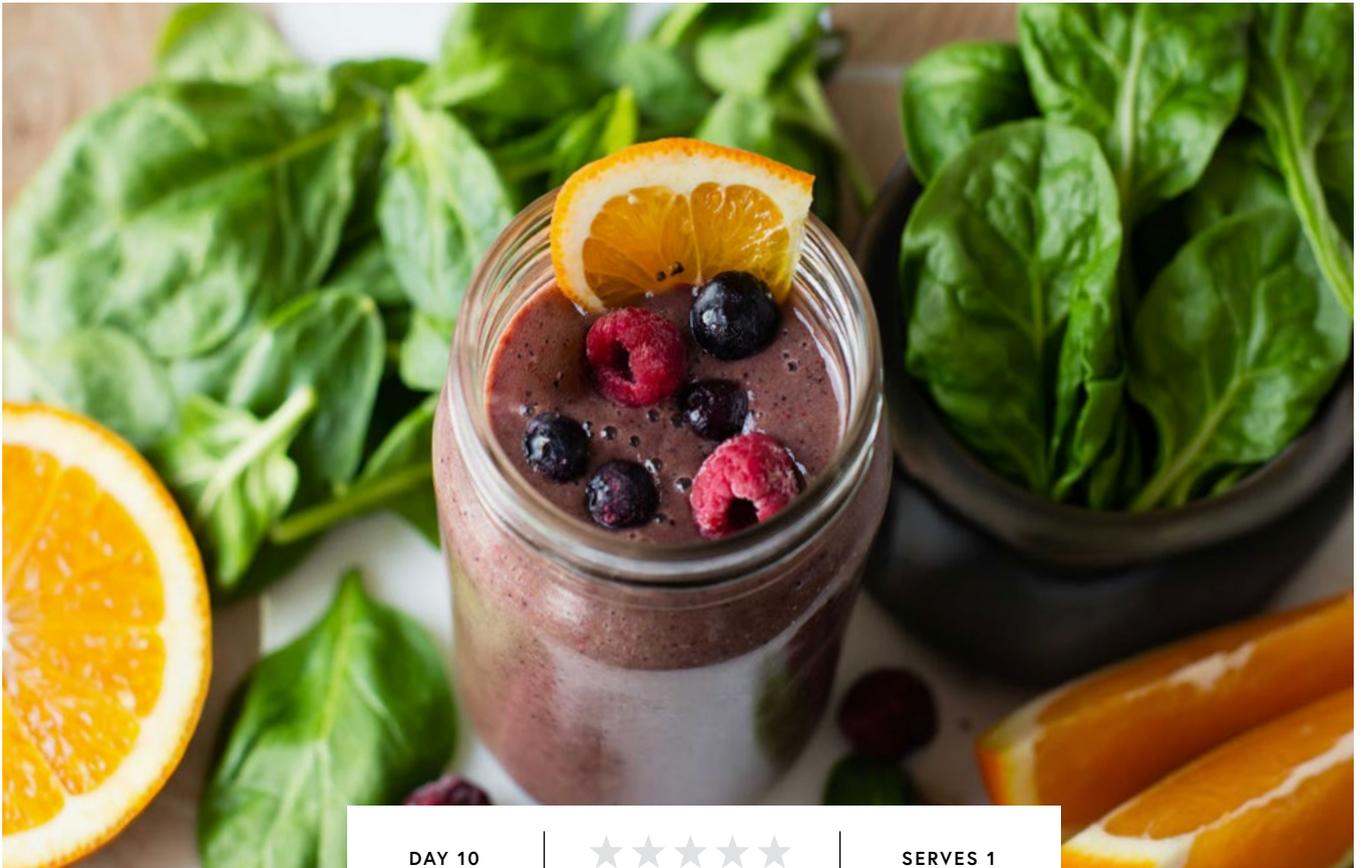
Kickstart your day with this creamy, zesty lemon smoothie! Packed with vitamin C, fiber, and natural enzymes, it's a refreshing blend of lemon juice, peaches, and a touch of honey. This quick and easy recipe delivers the perfect balance of tangy and sweet in every sip!

INGREDIENTS

- 1 lemon, peeled
- ½ cup water
- ¼ cup raw cashews
- 1 tbsp honey
- ½ cup frozen cauliflower
- 1 cup peaches, frozen
- ½ inch ginger root, fresh
- ½ tsp ground turmeric

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



DAY 10



SERVES 1

LEAVE REVIEW

Citrus Berry Smoothie

Day 10 calls for something special — so we're blending the smoothie that started it all for me back in 2012. This citrus berry blend was one of the first recipes that made me fall in love with green smoothies, and it's still packed with bright flavor, vitamins, and feel-good energy. A perfect way to celebrate how far you've come.

INGREDIENTS

- 1 cup spinach
- 1/3 cup water
- 1 orange
- 1/3 cup strawberries, frozen
- 1/3 cup blueberries, frozen
- 1/2 banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



You did it— and that matters!

You showed up for 10 days, blended consistently, and proved you can build a healthy habit. That's not small — that's momentum.

Ready to take this father? Most people feel great after a reset...then life gets busy and the habit fades. Not because they don't care, because they don't have a clear next step.



Ready to Keep Going?

The 21-Day Cleanse is designed to turn this momentum into real, noticeable transformation.

It gives you a complete step-by-step plan with smoothies, meals, grocery lists, and structure to help you turn this momentum into real results.

Small steps started this journey—let's see how far they can take you with my best-selling 21-Day Cleanse.

LEARN ABOUT 21-DAY CLEANSE

(simplegreensmoothies.com/21-day-cleanse-detox)